

## BOOK REVIEWS



IN CHARGE OF  
M. E. CAMERON

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ESSENTIALS OF DIETETICS IN HEALTH AND DISEASE. A Text-Book for Nurses and a Practical Dietary Guide for the Household. By Amy Elizabeth Pope, Author with Anna Caroline Maxwell, of "Practical Nursing," and Instructor in the Presbyterian Hospital School of Nursing; Instructor in Dietetics in the Schools of Nursing of the New York Hospital, Mt. Sinai Hospital and the Smith Infirmary, Staten Island; and Mary L. Carpenter, Director of Domestic Science of the Public Schools, Saratoga Springs, New York. G. P. Putnam's Sons, New York and London. The Knickerbocker Press.

Those who know the earlier work of Miss Pope will anticipate in this, her latest effort, something really unusual, and well worth investigating.

The present work compares most favorably with the earlier, and forms a valuable addition to the text-books and manuals already in use in the nursing schools throughout the country. Besides being adapted to the use of nurses the authors have kept in mind the need for a useful dietary guide in the home, and also with a view to attracting the attention of the general public they have kept the book strictly to the essentials of the subject without going so deeply into chemistry or kindred sciences which are apt to scare the lay reader.

The Chapters I and II treat of food; its uses; composition and classification; and of the digestion and absorption of food, Chapter I being illustrated by simple chemical demonstrations calculated to attract and hold the attention of the reader or pupil. Chapter II gives a table of the digestive fluids with their enzymes or active principles and the action of the same. There are also tables giving the length of time required for gastric digestion, and of the comparative quantity of food principles absorbed in the various classes, *viz.*, protein, fat and carbohydrates.

In Chapter III we come to the foods themselves, beginning with milk and its derivatives and continuing through the subsequent chapters with eggs, fish, meat, and plant foods, until in Chapter VIII we come to dietaries. This chapter deals with food values in regard to the amount

of heat and energy it produces in the human body; the method of planning menus which shall furnish the requisite amount of heat and energy, and keep the whole complicated system evenly balanced and in perfect working order. Chapter IX treats of the feeding of infants; and Chapter X gives a list of dietaries suited to particular diseases. There follows a chapter on the miscellaneous subjects relating to measuring, combining ingredients, utensils, methods of cooking, adulterations of food, etc., which brings us to the end of the first part of the book—the entire second part is composed of recipes suitable for use in sickness.

Perhaps it may seem ludicrous to look for style in a text-book on dietetics but the fact remains that the book possesses a literary excellence of distinctly educational value and tending to make its reading as much for pleasure as for profit. There is a happy preservation of the balance of form and content; the book is charming reading yet no necessary fact is omitted, nor is it spoiled by masses of unessential and miscellaneous detail. The common sense of the recipes is particularly commendable; they supply all that is necessary of variety in nourishment, but there is no temptation for the nurse to change places with the chef; the mission of the book is to nourish the invalid, not to cater to the glutton or the epicure.

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A SHORT PRACTICE OF MIDWIFERY FOR NURSES, As used in the Rotunda Hospital, Dublin, for the past ten years. By Henry Jellett, B.A., M.D., F.R.C.P.I., Gynaecologist and Obstetrical Physician Dr. Steevens' Hospital; ex-Assistant Master Rotunda Hospital; Censor and Examiner in Midwifery, Royal College of Physicians, Ireland, etc. Third Edition. London: L. & A. Churchill, 7 Great Marlborough St. Philadelphia: P. Blakiston's Son & Co.

An earlier edition of this book was reviewed in this JOURNAL two years ago. The present edition shows a tendency to come nearer to the nurses' point of view than the unrevised but there is still a great deal to be taken into account because of the special license for practice of midwifery in Great Britain. The nurse in this country is answerable to the physician in charge—in the old country there may not be a physician and the nurse in the case is answerable to the "Central Midwives' Board," which seems to concern itself more with the keeping of certain official regulations of its own, than with the character of the nursing as we understand it. There is so decided a difference in the standing of the British Midwife and the American nurse that the text-books of the former are only valuable to us as a means of reference and comparison.